December

Pick a **better** snack[™] with your family - \$ave money and eat smart!

Is it hard for your family to eat broccoli without a dip or sauce? To help your child learn to enjoy broccoli, try pairing it with cheese.

Cooking with Broccoli

The simple fact is that broccoli tastes GREAT with cheese. Rather than adding high-calorie cheese sauces to broccoli, think about adding broccoli to the cheesy foods your family already enjoys. These foods are healthiest when prepared with reduced-fat cheese. Here are some ideas:

- Add frozen or raw broccoli during the last couple of minutes of pasta cooking time when making macaroni and cheese.
- Top pizza with small pieces of chopped fresh broccoli.
- Mix chopped, frozen broccoli or raw broccoli into cheesy potato casseroles before you bake them.
- Top a baked potato with chopped, cooked broccoli and low-fat cheese.

Saving money on broccoli

Fresh broccoli usually costs around \$2.00 per pound while frozen broccoli averages around \$1.50 per pound. The biggest savings that comes from frozen broccoli is that you don't have to worry about the broccoli spoiling and going to waste.

When you see a good price on fresh, it is a great option, but having broccoli in the freezer is always a smart move for a healthy meal in a snap!





